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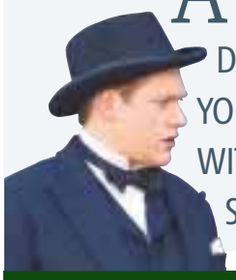

DOWNTON ABBEY'S THOMAS HOWES AS A YOUNG WINSTON CHURCHILL LOCKS HORNS WITH INSPECTOR MURDOCH IN THE NEW SEASON OF MURDOCH MYSTERIES PAGE 8

$50 MILLION WINNER

LONDON metro®

Monday, January 7, 2013

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Your new NHL primer

Lockout's over. What you need to know, as the battles go from the boardroom to along the boards

Hockey is back, but there remain several questions about the new season. Here are the answers, according to the details of the new agreement:

When will the season begin?
If it's a 50-game season, the puck drops on Jan. 15. If it's 48 games, it'll be Jan. 19. It's believed the maximum number of games is 50.

When would the playoffs end?
The Stanley Cup final could go to the end of June. June 29 is a Saturday, June 30 a Sunday. If the series goes to seven games, then Game 7 of the final could run that far.

What is the salary cap?
The cap for the first year is $60 million, with a floor of $44 million, but teams can spend up to $70.2 million. A central issue during bargaining was the cap ceiling for the second year (2013-14) — players wanted, stuck to and got $64.3 million.

What is the result of the bargaining on contract lengths?
Maximum contract lengths are seven years, and eight if teams re-sign their own players.

What will the agreement be between the NHL and the junior leagues regarding called-up junior-age players?
Details have not been released. The question remains how long they can remain in the NHL before their season becomes official (or they are returned to junior).

Is there a new order for the draft lottery?
All 14 non-playoff teams are expected to be in the lottery, compared to the previous five-team lottery. This could generate hard feelings since the lowest-finishing teams will likely lose the probability they had at the No. 1 pick under the old lottery.

Will NHL players be taking part in the Sochi Olympics?
It's expected the NHL will elect to have its players in Russia.

TORSTAR NEWS SERVICE

Oh, yeah — that happened. London's Drew Doughty of the Kings hoists the Stanley Cup last June 11 in Los Angeles. This year's NHL final could extend to June 30. More coverage, page 13. CHRISTIAN PETERSEN/GETTY IMAGES FILE

Londoners respond

The NHL is back! Do you forgive and forget, or are you tuned out for good?

Facebook

- **Christine Ciura:** Tuned out for good.
- **Ruth-Ann Comeau:** FORGIVE BUT NEVER FORGET, I practically didn't have a christmas cause of it!
- **Ryan Thomas:** I love the sport too much to tune out, but I don't forgive or forget. I don't trust them.

Twitter

- **@StirisPres:** I'm a HUGE hockey fan and couldn't care less.
- **@aworkedshoot:** It's a permanent lockout as far as I'm concerned. Will keep up as it's unavoidable but no more of my $ for them.
- **@BHRaymond:** Will I read NHL headlines this season, yes. Will I care? No. This years champs will forever have a * beside their name.
- **@rosnovsky:** turned to OHL and NFL (never watched before). Screw you, NHL! :)
- **@BrandonEedy:** Screw all the naysayers. They'll watch opening night guaranteed. I'm all for it. Business is business, and they got it done.

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NEWS 1

Fresh faces at city hall?

In the mix. Proposal backed by student councils at Western, Fanshawe could bring new 'perspective' to municipal government

ANGELA MULLINS
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Western University student leaders are formulating a pitch aimed at getting a few fresh faces — and voices — in the mix at city hall.

Adam Fearnall, president of the University Students' Council, wants to see spots for student representatives on a variety of advisory committees that report to city council.

The proposal, Fearnall said, could be a win-win for everyone involved.

"I think students look at the city a little different than the average Londoner," he told Metro. "We think that would be a valuable perspective (for council) to have."

Planning is in the early stages, but Fearnall has asked for permission to make a presentation to the corporate services committee later this month. There are several committees, including those dealing with the arts and diversity, where students may be the best fit, he said.

So far, at least a few councillors have shown interest in exploring the idea, Fearnall said. Leaders at the Fanshawe Student Union are also on board with the effort.

Students, Fearnall said, are ready to take on a bigger role and more responsibility in the city.

Having more involvement at city hall could help lead to closing the gap between students and everyone else who lives in London.

"I know this is far off and kind of a utopian view, but we'd love to get to a day where we don't talk about citizens and students," Fearnall said.

"Instead, we'd talk about Londoners as a whole."

What they do

- Members of advisory committees are appointed by city council.
- The committees make recommendations and present ideas to councillors for consideration.

Adam Fearnall, president of the University Students' Council
METRO

Rubbing elbows with London's elite at the mayor's New Year's Levee

Mayor Joe Fontana, left, talks with Anastasia Bush of London during the mayor's New Year's Levee on Sunday at Aeolian Hall. Bush was invited as a special guest of Carmen Sprovieri, one of nine people recognized during the event as 2013 Mayor's Honouree Award winners. The levee was a chance for people to welcome the new year and make donations to the London Food Bank. ANGELA MULLINS/METRO

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See it on the runway, wear it down the aisle

Felicia Wiatr, 20, of Woodstock, walks the runway in trendy bridal fashion Sunday during the London Bridal Expo at Western Fair District. The two-day show packed brides- and grooms-to-be into the fair district's Canada Building for a look at the latest wedding styles from cakes to clothes to honeymoons. ANGELA MULLINS/METRO

Apartments would help quell demand, agent says

Student high-rise. Complex pitched for Richmond Street would be welcome, if only short-term answer to housing needs

ANGELA MULLINS
angela.mullins@metronews.ca

A proposed 19-storey apartment building near Western University's gates will help fill a need for more off-campus housing, one real-estate expert says.

Jeff McFalls, a Re/Max agent, does a lot of business with parents and investors looking for property within a short walk of the campus. Boasting 311 furnished, two-bedroom units, a new Richmond Street complex just north of Western's entrance would put a dent in that demand — albeit a small one.

"(It'll take) care of one year," said McFalls, based on estimates that 500 new students enter the off-campus housing market each year. "They'll rent it out, no problem."

The building will also help curb student housing taking over traditional family neighbourhoods — a trend that's sprawling farther and farther away from campus, McFalls said.

City council's planning and environment committee will take public comments on the proposal at 4:45 p.m. Tuesday at city hall. Plans for the development — which would require razing five homes — have been floating around since 2010, according to a report headed to the committee.

The proposal has gone through multiple levels of review, and city planners are recommending it be given the green light. It fits well, the committee report says, with policies for developing near-campus neighbourhoods — partially because it's on a major road with bus service.

With an entrance facing Richmond Street, the complex would include a parking structure at the back with room for 174 vehicles and 243 bicycles.

The building would bring something in the ballpark of $4 million worth of revenue to the city in the form of fees paid by the developer, the committee report says.

Across from Ross Park

- The proposed high-rise complex for students would be on the west side of Richmond Street, north of the Western University gates near Raymond Avenue.
- The site is roughly across the street from Ross Park and just south of the Richmond Street bridge that crosses the Thames River.

Marketing campaign would strengthen city's brand: Mayor Fontana

Whose London?

Canada's London.

And it's more than just a dot on the map — it's a place that's alive with culture, dining and spirit.

That's the thrust behind a marketing campaign that city leaders are asking council to throw $100,000 behind in advance of the World Figure Skating Championships.

The funding request — being tabled at Tuesday's corporate services committee — would be matched with money from city partners. The city's portion, administrators suggest, would come from a contingency reserve fund.

Mayor Joe Fontana likes the idea, created by a Welcoming the World to London project team. The team was comprised of representatives from city staff, tourism officials, the arts council, and the London Economic Development Corp.

He says he's been concerned for some time that various websites — like those for Western, Fanshawe, Tourism London, and the LEDC — don't have a common "brand." In addition to serving as a "welcome mat" during the figure skating championships, logos created for the Canada's London campaign could be used on those websites to link them together, Fontana said.

"I think we've got it just about right where we can showcase the city of London to the world ... and hopefully in the long-term (use the) co-ordinated brand" for other efforts, he said.

ANGELA MULLINS/METRO

Advertising

- The Canada's London marketing campaign would include advertising on television, bus shelters, billboards, in newspapers and online during the March 11-17 World Figure Skating Championships at Budweiser Gardens.
- It would also anchor a web portal with videos, photos and social media posts welcoming people to London and providing a guide to the city.

Jogger attacked

Police seek info on dog bite

London police are looking for information after a jogger was bit by a dog last week.

On Wednesday at about 6 p.m. in the area of Canterbury Park on Prince of Wales Gate, a woman was walking two Jack Russell terriers, police say, adding that one dog jumped on a male jogging by and bit his leg. The dog is white with black spots and about 20 pounds. METRO

Visit nbs-enb.ca

National Ballet holding auditions

The National Ballet School's audition tour, which also includes open classes, will be in London on Monday at Dance Steps Studio (743 Richmond St., Unit 200). METRO

Taxi driver assaulted. Female cabbie robbed, tied to playground: Cops

Police in St. Thomas are looking for two suspects after a female taxi driver was assaulted, robbed and left tied to playground equipment early Sunday.

Investigators say the driver was called to a park for a fare around 3:15 a.m. and was approached by two males wearing dark clothing and balaclavas.

Police allege the men — one armed with a crowbar and the other with what appeared to be a butcher knife — forced the driver out of the cab, assaulted her and tied her to equipment in the park.

But the robbery was interrupted when another cab driver arrived to check on his colleague, saw her unattended cab and then noticed two men walking behind him.

With the other cab distracting the suspects, police say the victim was able to escape and run to a private residence, where she called 911.

She was taken to hospital for minor facial wounds and has since been released.

Both suspects are described as white males. The first is 20 to 23 years old, around six feet two inches tall with a slim build and the second is about five feet eight inches tall.

Police say a similar incident occurred recently in the region, but investigators have yet to link the two cases.

THE CANADIAN PRESS

Crime Stoppers

- Anyone with information is asked to contact Crime Stoppers or Const. Aaron Fraser at 519-631-1330, ext. 110, or Sgt. Chris Perrin at 519-631-1330, ext. 129

Chief an inspiration for all Canadians: Paul Martin

Attawapiskat Chief Theresa Spence holds hands with her daughter Juliette Spence during a press conference outside her teepee on Victoria Island in Ottawa on Friday. Spence has been on a hunger strike for more than three weeks. SEAN KILPATRICK/THE CANADIAN PRESS

Hunger strike. Former PM who brokered Kelowna Accord meets with Spence, while Harper says he will meet with First Nations leadership this week

An aboriginal chief who has gone without solid food for close to a month in a bid to force renewed talks between First Nations and the federal government is an inspiration to all Canadians, says former prime minister Paul Martin.

Martin visited Attawapiskat Chief Theresa Spence at her camp on Ottawa's Victoria Island on Saturday.

He told CTV's Question Period Sunday that it was a good meeting.

"I just told her that she'd become really an inspiration for all Canadians and that we were obviously concerned about her health and that she's got to take care of herself," Martin said.

One of Martin's final acts as prime minister was the brokering of the Kelowna Accord, a deal between the government and First Nations that would have seen $5 billion in new spending over 10 years.

The money would have been used to improve education and health outcomes, as well as housing.

But Martin's Liberal government fell and was replaced by the Conservatives under Prime Minister Stephen Harper and the accord was never implemented.

Resetting the treaty relationship was Spence's goal when she began her self-proclaimed hunger strike on Dec. 11, giving up solid foods in favour of a liquids-only diet.

Spence was seeking a meeting between the prime minister, Governor General and First Nations leadership.

Her strike came as aboriginal activists also began a national protest movement called Idle No More in response to the Conservatives' latest budget bill.

The Idle No More movement feels the bill threatens their treaty rights with the changes it makes to regulations surrounding waterways.

Without acknowledging Spence's strike or the protest movement, Harper announced Friday that he will meet with First Nations leadership this week.

The talks will focus on two elements: the treaty relationship and economic development.

Those two are part of six broader themes that Harper and First Nations leaders agreed to work on following meetings last January.

THE CANADIAN PRESS

Weekend protests

Idle No More protests continued over the weekend with groups blocking rail lines and border crossings throughout the country.

- A blockade of Via Rail lines near Kingston on Saturday held up trains on the Montreal-Ottawa-Toronto corridor, affecting about 1,000 people.
- A protest at the Seaway International Bridge near Cornwall, Ont., prompted police to close the border crossing as a public safety precaution.

Sexual violence. Former B.C. politician weighs in on castration debate

EMILY JACKSON
Metro in Vancouver

Former B.C. premier and MP Ujjal Dosanjh added his voice to the outrage over the brutal gang-rape and murder in India, tweeting that men who can't control their penises should have them removed.

Dosanjh sent a series of tweets calling for castration Friday to make a point about how "ludicrous" it is to blame rape on women's clothing choices.

"Re Delhi gang rape some say women shud (sic) dress 'appropriately'. I say if men can not control penises, have them removed," Dosanjh said on Twitter.

Ujjal Dosanjh THE CANADIAN PRESS FILE

Dosanjh deliberately used the extreme language to highlight the absurdity of blaming a woman if she is raped, but he doesn't actually support forcible castration or the death penalty, he said.

"It was revolting to hear people in different parts of the world and different parts of India talking about how women can avoid rape if they dress differently or don't go out late at night," he said. "Rape is perpetrated by men — it's not something that a woman ever invites upon herself."

Gang rape in India

- Dosanjh's comments came days after a 23-year-old medical student, raped by six men in Delhi on her way home from the movies, died from extensive organ and brain injuries.
- Thousands have taken to India's streets in protest since the rape, which led to murder charges against five men.

To Russia, with love and money

French actor Gerard Depardieu, left, greets Russian President Vladimir Putin after his arrival Saturday at the president's residence in Sochi, the host city of the 2014 Winter Olympics. Depardieu has received a Russian passport after flying to Russia for a late-night dinner with Putin. Depardieu sought Russian citizenship as part of his battle against a proposed super-tax on millionaires in France, and Putin granted his request last week.

MIKHAIL KLIMENTYEV/THE ASSOCIATED PRESS

Request for troops?

African Union chair to meet with Harper

The head of the African Union is set to visit Ottawa this week. Thomas Boni Yayi's meeting with Prime Minister Stephen Harper could bring a request for Canadian troops to be involved in an international mission in Mali.

The United Nations Security Council backed a proposal in December to send an African-led force of 3,300 soldiers into the country. THE CANADIAN PRESS

Dwindling revenue

Fewer vets forces closure of legion

The lights are about to be turned off for the last time in the auditorium of Royal Canadian Legion Branch 001 Regina. By the end of January, the downtown building that has welcomed veterans since 1947 must be empty.

The property has been sold and the entire rear of the building — which houses the Atlantic Auditorium, the Lancaster Lounge and the Dieppe Cafeteria — is to be demolished to make way for a parkade.

THE CANADIAN PRESS

Coast Guard

U.S. reviews B.C. oil export plans

Concerns in the U.S. over oil tanker traffic from British Columbia have spurred a U.S. Coast Guard review of proposed increases in Canadian oil exports.

A legislative amendment signed into law by President Barack Obama a few weeks ago gives the U.S. marine safety agency six months to conduct a risk assessment of the planned expansion of oil pipeline capacity to the West Coast.

THE CANADIAN PRESS

Troubled program

Naval ships under scrutiny

The navy's long-delayed joint support ship program is expected to come under the political microscope within weeks in what is likely another defence equipment embarrassment for the Harper government.

The parliamentary budget officer is poised to release his findings once MPs return from their Christmas break.

THE CANADIAN PRESS

Iran seeks 'special' investigation into death of jailed blogger

Sattar Beheshti. Parliamentary group in Iran looks for answers after death of blogger causes controversy over power of web watchers

A powerful group in Iran's parliament called Sunday for expanded investigations into the death of a jailed blogger in a case that has already brought down the chief of the Internet-monitoring police and opened rare public debates over the growing powers of the country's web watchers.

While the blogger, Sattar Beheshti, was not the first suspected opposition activist to die in Iranian custody — and bring international condemnation on Iran — the fallout since November has taken an added toll by exposing apparent conflicts between regular security networks and the widening clout of the cyber police.

Iran's leaders have placed a top priority on efforts to stamp out online dissent and fight the so-called "soft war" against perceived Western influence via the Internet. The web remains highly filtered in Iran, but blocks are often bypassed by the country's educated and tech-savvy population.

THE ASSOCIATED PRESS

Death

The death of Sattar Beheshti has put Iran's Internet-monitoring police under scrutiny.

- **Investigation.** A statement read Sunday on behalf of the parliament's Committee on National Security and Foreign Policy called for a "special" investigation into the death.
- **Another probe?** It was not immediately clear what kind of added probe could occur, since prosecutors already have opened an investigation into the case.

Iranians surf the web in an Internet café at a shopping centre in central Tehran, Sunday. Iran's leaders have placed a top priority on efforts to stamp out online dissent. VAHID SALEMI/THE ASSOCIATED PRESS

New software

Iran cracking down on social networking

Iran's police chief says the Islamic Republic is developing new software to control social networking sites.

Gen. Esmail Ahmadi Moghadam was quoted in Iranian newspapers Saturday as saying the new software will prevent Iranians from being exposed to malicious content online while allowing users to enjoy the benefits of the Internet. He did not say when the software would be introduced.

Moghadam also did not specify which social networking sites would be affected, but both Facebook and Twitter are popular in Iran. THE ASSOCIATED PRESS

Kuwait

Activist gets 2-year sentence for Twitter 'insult'

Kuwaiti media say a social media activist has been sentenced to two years in prison for a Twitter post deemed insulting to the Gulf nation's ruler.

Authorities across the Western-allied Gulf Arab states have sharply increased crackdowns on perceived dissent among bloggers and others using social media.

THE ASSOCIATED PRESS

Anti-apartheid leader

Mandela has recovered from ailments: Zuma

South African anti-apartheid leader Nelson Mandela has recovered from his recent lung infection and a surgical procedure to remove gallstones, according to an announcement Sunday by President Jacob Zuma.

Doctors say that Mandela, 94, has made "steady progress and that clinically, he continues to improve," according to a statement issued by Zuma's office.

THE ASSOCIATED PRESS

Official name now 'State of Palestine': Palestinian president

The Palestinian president has ordered his government to officially change the name of the Palestinian Authority to "State of Palestine."

The move follows the November decision by the United Nations to upgrade the Palestinians' status to that of a "non-member observer state."

President Mahmoud Abbas said Sunday that all official Palestinian stamps, stationery and documents will now bear the new name.

A statement from his office said the move was aimed at enhancing Palestinian "sovereignty on the ground" and was a step on the way to "real independence." Israel still controls most of the West Bank.

Israel objected to the Palestinian statehood bid at the UN, calling it a unilateral step aimed at bypassing direct peace negotiations. Abbas denied that.

Israel had no comment Sunday.

THE ASSOCIATED PRESS

Palestinian President Mahmoud Abbas said all official documents will now read "State of Palestine". ABED AL HASHLAMOUN-POOL/GETTY IMAGES FILE

Rare speech. Assad rules out peace talks with 'murderous criminals'

A defiant Syrian President Bashar Assad rallied a chanting and cheering crowd Sunday to fight the uprising against his authoritarian rule, dismissing any chance of dialogue with "murderous criminals" that he blames for nearly two years of violence that has left 60,000 dead.

In his first public speech in six months, Assad laid out terms for a peace plan that keeps himself in power, ignoring international demands to step down and pledging to continue the battle "as long as there is one terrorist left" in Syria.

"What we started will not stop," he said, standing at a lectern on stage at the Opera House in Damascus — a sign by the besieged leader that he sees no need to hide or compromise even with the violent civil war closing in on his seat of power in the capital.

THE ASSOCIATED PRESS

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Plastic $20 bill sticks in vending industry's craw

Dispensing dispute. Machine owners say Bank of Canada didn't give them enough lead time to convert scanners

Thousands of vending machines still can't digest those plastic $20 bank notes the government released two months ago, with machine owners blaming the Bank of Canada for their problems.

As many as half a million machines that scan bank notes needed reprogramming to accept the radically redesigned $20 bills, the most popular denomination in Canada.

Some 145 million polymer $20 notes have been put into circulation since Nov. 7, one of a series of new plastic notes intended to thwart counterfeiters and last much longer than their paper-cotton predecessors.

Kim Lockie has been converting his 1,200 machines in Fort McMurray, Alta., full-time for two months, but still has about 300 to go.

Quoted

"The Bank of Canada didn't really even talk to us in the last three years. It seems like they have no desire to work with us. ... Tough luck for our industry."

Kim Lockie, an official with the Canadian Automatic Merchandising Association

"I would think less than half the machines in Canada would accept this bill right now," says Lockie, an official with the Canadian Automatic Merchandising Association. "As a small business, I am losing money."

Lockie blames the Bank of Canada for failing to heed three years of warnings from owners that they needed a long lead time to recalibrate their vending machines before the official release of the new bills.

The Bank of Canada rejects the criticisms, saying its officials have worked closely with the sector. THE CANADIAN PRESS

The new Canadian $20 bill is part of a series of plastic notes intended to last longer and be more challenging to counterfeit. By one estimate, less than half the vending machines in the country are currently programmed to accept the new $20 bill. BANK OF CANADA/THE CANADIAN PRESS

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Get a piece of the Fab Four on film

Auctioneer Paul Fairweather holds four colour transparencies of The Beatles taken during their first tour of the U.S. in 1964. The rare colour transparencies, taken by Dr. Robert Beck, are to be sold along with the copyright at Omega Auctions in Stockport, England, in a special Beatles memorabilia auction in March. The unpublished collection of 65 slides contains many stage shots. DAVE THOMPSON/PA/THE ASSOCIATED PRESS

Alaska. Shell will attempt to tow grounded drill ship

Royal Dutch Shell PLC will try to move its grounded drill ship out of the worst of the North Pacific's fury with a towing attempt when conditions allow.

Shell incident commander Sean Churchfield said at a news conference Saturday that naval architects have pronounced the Kulluk fit to be towed. The attempt will depend on weather, tides and readiness, he said.

"I can't offer you firm times. Right now, the preparation for the tow depends on the weather and operational constraints," Churchfield said. "We will be looking to move the vessel as soon as we are ready and able."

If the drill ship can be pulled from the rocks off Sitkalidak Island, it will be towed 48 kilometres to shelter in Kodiak Island's Kiliuda Bay.

Quoted

"I'd really be shocked if this (ship) is so lightly aground and so lightly damaged that they can just go pull this thing off right away."

Dan Magone, president of Magone Marine, who has worked on other major groundings in Alaska.

The Kulluk is a circular barge with a reinforced steel hull that allows it to operate in ice. One of two Shell ships that drilled last year in the Arctic Ocean, it has a 48-metre derrick rising from its centre and no propulsion system of its own. THE ASSOCIATED PRESS

Detroit. Chevy Sonic symbolizes industry's surprise comeback

When the word reached the Orion Assembly Plant, it spread along the serpentine assembly line like news of a death or natural disaster: General Motors, the biggest automaker in the world, had filed for bankruptcy protection.

On that grim day in 2009, Chevrolet and Pontiac sedans kept rolling down the line. And 1,700 worried workers stayed at their stations even as GM announced it would close the Michigan plant in a desperate bid to survive.

But the workers didn't know they were witnessing the opening act of one of the greatest recovery stories in American business.

Nearly four years later, Chevrolets are still moving down the assembly line under the 82-acre roof. The plant now builds the Sonic, the bestselling subcompact car in the nation. It's a vehicle no one thought could be made profitably in the U.S., by a company that few people thought would last.

But GM has not only survived, it has earned $16 billion US in profits in the past three years. And the industry is on track to make this year its best year since 2007. THE ASSOCIATED PRESS

By the numbers

790,000

U.S. automakers have made a remarkable recovery. Nearly 790,000 people now have jobs building cars, trucks and parts, up 27 per cent from the dark days of 2009.

Hostess bankruptcy

Bidders line up for Wonder Bread

The makers of Thomas' English muffins and Tastykake snacks are emerging as two of the bidders for Wonder Bread and other Hostess bread brands as the company tries to sell off its assets under bankruptcy-court oversight, a newspaper reported Saturday.

The Wall Street Journal said Hostess Brands Inc. could reveal as early as next week that Flowers Foods Inc. and Grupo Bimbo SAB are in discussions to acquire its bread brands. The report said the brands could command $350 million US.

Hostess, which is based in Irving, Texas, announced in November that it was shutting down its business and selling its bread, snacks and cakes brands along with its 33 bakeries and other operations. THE ASSOCIATED PRESS

Discount retail

Target puts new focus on groceries

Target, which plans to open the first of between 125 and 135 locations in Canada this year, is pushing its food, laundry detergent and other groceries in a national ad campaign south of the border that pokes fun at high-fashion advertising by featuring models interacting with everyday products.

The campaign is part of a move by Target, better known for its cheap-chic clothing and home goods, to focus more on its grocery-store aisle. It has been expanding its grocery selection, particularly with investments in its P-Fresh fresh-food section.

Out of its 1,782 stores, about 1,100 have an expanded fresh food layout and more than 250 have a full grocery store. THE ASSOCIATED PRESS

MANUARY MEN RAISE AWARENESS FOR OVERLOOKED CANCER

URBAN COMPASS
Todd Devlin
london@metronews.ca

Those Movember moustaches may have gone away for the holiday season, but Dr. Doug Angel says he has a good reason for people to bring back the facial hair this month: Manuary.

Similar to its November counterpart, Manuary seeks to raise awareness of a potentially life-threatening disease. But Angel says that unlike prostate cancer, this ailment — head and neck cancer — doesn't receive enough attention.

"We hear a lot about breast, prostate, lung and colorectal cancers, but we rarely hear about head and neck cancer," said Angel, a fifth-year resident in otolaryngology — head and neck surgery at the London Health Sciences Centre. "It's much more common than most people think."

In fact, it's the fifth most common cancer in North America, and it can be a devastating disease. Patients often endure changes in their facial appearances and in their abilities to speak and eat.

"Over the last five years, I have seen the drastic effects that both the disease and treatments can have on patients and their families," Angel said. "It really is a life-altering disease."

What the doctor ordered

Moved by his experiences on the job, Angel came up with the idea (along with Dr. Leigh Sowerby) to "grow a beard for head and neck cancer."

Moved by his experiences on the job, Angel came up with the idea (along with Dr. Leigh Sowerby) to "grow a beard for head and neck cancer." This year will mark the third instalment of the event.

The Manuary term comes from the fact that men are four times more likely than women to be affected by the disease. And it is quickly becoming more common in younger men due to newly discovered associations with human papillomavirus (HPV).

Those interested in participating in Manuary can sign up online at manuary.ca, either individually or as part of a team, and upload a photo of their beard to track its progression throughout the month.

And women need not worry. It doesn't even take a beard to get involved in Manuary. Females are also encouraged to upload a photo, and the website will "beard" the image with some creative photoshopping.

Participants can solicit donations for the cause from friends and family online. All of the proceeds will go towards helping find better treatments for head and neck cancer patients at LHSC. The overall Manuary fundraising goal this year is $25,000, which would more than double the amount raised in 2012. Angel himself was the top fundraiser last year.

This year's event was launched last week with a "shave-off" at David E. White Barbershop, where Sowerby and others received a clean shave before the official start to Manuary.

Doug Angel raised the most money in London last year for Manuary, when men are encouraged to grow beards to raise money and awareness for head and neck cancer. CONTRIBUTED

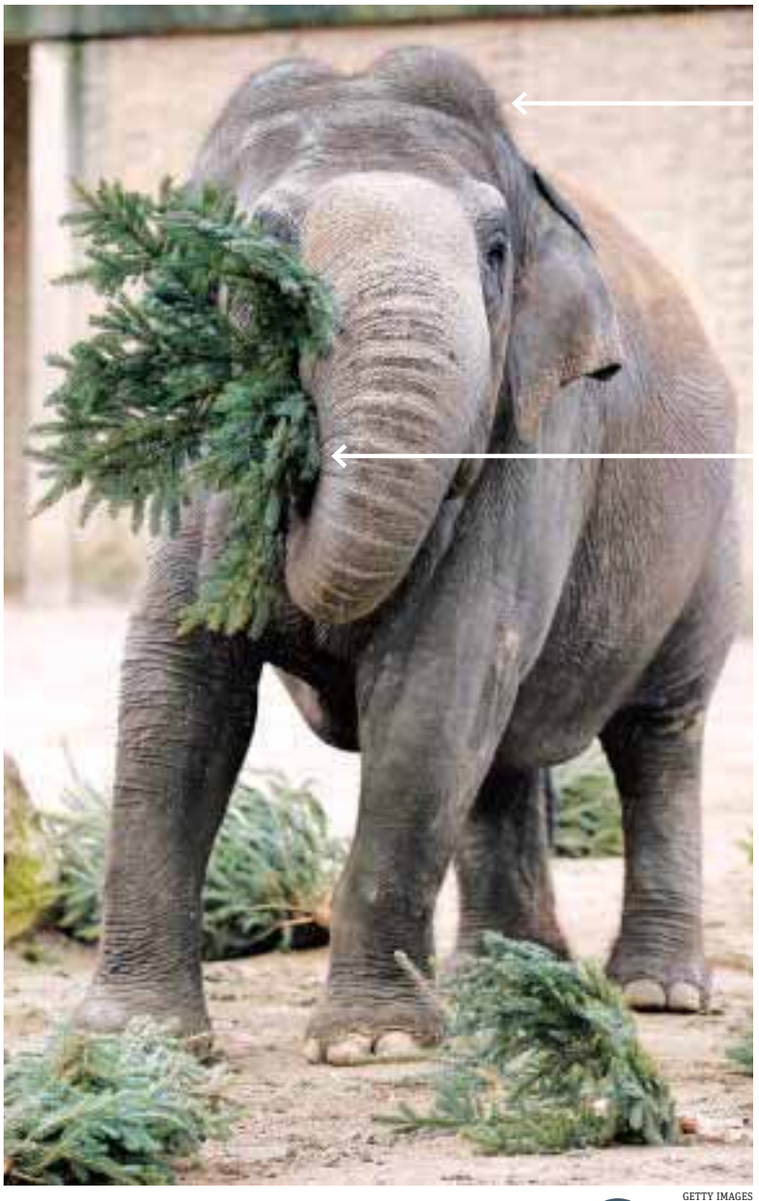
The month-long beard growing event will culminate with a "facial hair face-off" on Jan. 31 at UpFront at the Market, and prizes will be awarded for the most creative facial hair.

Besides his beard, Angel is also hoping that participation in the Manuary campaign grows a great deal this year.

"It's an excellent cause, and I encourage everyone to get involved," he said. "Every little bit helps, and what better reason to grow a beard in the month of January?"

For more information, visit manuary.ca.

He's got room for leftovers!



GETTY IMAGES

Post-seasonal feast

Elephants eat up Christmas trees

Elephants at the Berlin Zoo finally got their trunks on Christmas dinner: A clump of unsold pine trees. Pachyderms young and old played with the plants Friday, before devouring them after catching the trees' strong smell. One elephant ate more than 150 kilograms of trees in one sitting. **METRO WORLD NEWS**

Gentle diners

"They don't just poke the tree into their mouths. ... They gently pluck the branches."
Berlin Zoo elephant keeper Ragnar Kuehne

Pine-tuned recycling

MissileToe rocket is a real cracker

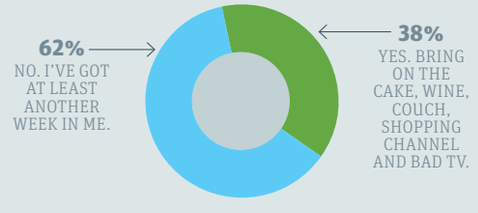
Feeding elephants is not the only way to get rid of unwanted festive trees. A team of U.S. inventors recycled a Christmas tree by turning it into a rocket. The "XMS MissileToe" comprises one tree, 32 rocket engines powered by a car battery, baubles and a star ornament. **METRO WORLD NEWS**

A screengrab of the Christmas tree rocket. YOUTUBE/ROCKETCHRISTMASTREE

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Have you already given up on your New Year's resolution?



Twitter

@erinjohannson: Lazy Sunday. Watching Waitress. I love Cheryl Hines.

@eShepperd: Yep. Just lit my hair on fire on the advent candles...

@ZacharyCurrie: I've been here all along.. #ldnont

@RickTelfer: Where can one enjoy some good tobogganing in/around #LdnOnt? #fb

@annamstone: It's a spectacular day to walk through the fresh #ldnont snow. The wind hasn't yet blown it from the trees and everything is muted

@david_looby: Countdown to second semester... Time to make some new memories :) #westernu

metro

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Howes teams with Murdoch for a Churchill whodunit

Guest appearance.
Downton Abbey actor plays a pre-PM Winnie who finds himself in trouble in Toronto

ANNE BRODIE
scene@metronews.ca

Thomas Howes, left, guest stars on Murdoch Mysteries next Monday. SHANE MAHOOD

Watch

Murdoch Mysteries premieres on CBC Television tonight. The episode featuring Thomas Howes airs Monday, Jan. 14 at 9 p.m.

Downton Abbey's new season is now airing Sunday nights on PBS. Vision is currently airing Season 1 on Wednesdays. It will air Season 2 starting in February and Season 3 in April.

Winston Churchill in Toronto under arrest for murder following a blind, drunken night on the town? Could it be? He often visited the city, which pays tribute to him in school names, memorials, statues and academic societies.

Ryerson's Life Institute offers courses on his remarkable life. CBC's Murdoch Mysteries has him walking our streets once again, played by another familiar Englishman: Thomas Howes, Downton Abbey's ill-fated second footman William Mason. But murder? We visited Howes on the north Toronto set:

What kind of man is your Churchill?
Churchill is a young man, very active, tall and he's just had the Battle of Omdurman and the war of the Boers and it's been a very active time in his life. We start in 1909 when he's doing these lecture tours in Britain and the States and Toronto. And that's where we find him, with Murdoch. It's turning into the new century, 1900, described as The Hangover of the 1900s.

He has no memory of the night before. But we find him drugged in this hotel room with the dead body of his best friend and he goes around with Murdoch trying to recall the memories he's lost and recall whodunit because it looks like it could be him.

So he's trying to piece together the answer to the mystery.

You are covered in (fake) blood as we speak. Doesn't look good for Churchill.
Well that you'll have to wait to find out why because it could be he killed this guy or it might be some other reason, but he's got the fellow's blood all over his hands.

I understand there was some drunken swordplay.
We had a great day yesterday (on Murdoch) because Emmanuel, who plays Al, and I wanted to do our sword fighting scene ourselves.

We didn't think we'd be allowed to but we were. They got shots with professionals doing some key bits of the sword fighting, but everything else they let us do ourselves! There is going to be a lot of us in the thick of it.

Ever since drama school, I've been falling down trap doors, hanging on ropes, football, which I'm no good at, running around the trenches with guns and now sword-fighting. But I love all that. I really do. I relish it. I always get the stunts. They always give me stuff that should be done by dashing young hero types, but they love to see me in those situations.

Downton Abbey's given you a big career boost. How has it changed things?
It has. I have credits before this, but they were all stage. I wasn't sure if I would ever do anything on telly, but Downton came along and recently it's all been screen work. I'm juggling both at the moment. It did me a huge favour. A lot of the offers I get now are just off the back of that and I probably only got Murdoch Mysteries because of Downton, because it's quite popular here too. It was big in Britain and huge in the U.S. and here.

Jeremy Hotz's misery is Just for Laughs

All Access series.
Comedian is featured in four episodes, griping about crows and looking like Nic Cage

Comedian Jeremy Hotz likes to ease into his New Year's goals.

"I was going to start to really concentrate on making a New Year's resolution for next year. That's my New Year's resolution," the famously miserable standup star said in his signature anguished tone during a recent telephone interview.

Might that resolution involve being happier onstage?

"I don't think that's ever going to happen," Hotz groaned.

In the meantime, the Ottawa native can be seen in the Comedy Network's new original series Just for Laughs: All Access, which debuts Monday at 10 p.m. ET.

The show features highlights from comedians at Montreal's Just For Laughs Festival, which is celebrating its 30th anniversary this year. Hotz is in the fourth episode on Jan. 28 as well as episodes on Feb. 11, March 11 and March 25.

Other comics who perform in the series include Saturday Night Live cast member Bill Hader, Community star Joel McHale, and Jack McBrayer of 30 Rock fame.

"For me, it did everything," Hotz said of the Just for Laughs festival. "It got me quite a bit of notoriety and it made me sort of an international star because they sell the product all over the world.

"It is the most important comedy festival in the world. It's the international one and it's a major feather in your cap if you get that festival. Especially if you're coming out of Canada, you really need that festival."

Hotz has performed at the festival countless times since the 1990s, when he co-starred in the CBC-TV series The Newsroom. He was also a writer for The Jon Stewart Show and has won Gemini and Canadian Comedy Awards.

Hotz's Just for Laughs: All Access segment on Jan. 28 finds him in his famous pose (his right hand over half of his face to appear distressed) and putting a pessimistic touch on topics including crows, public transportation and how he's been mistaken for Nicolas Cage.

Jeremy Hotz stars in a new series by The Comedy Network. HANDOUT

"That really happened," Hotz assured over the line from his home in Los Angeles.

"In America, from far away, people seem to think that. And then they get up close and go, 'Nah, he looks more like Klinger from MASH.'"

"You walk around and you still think you're, like, 21 and then you look in a mirror and you go, 'Who the (hell) is that guy? It's not you.' Everybody thinks they're somebody else inside their head. Mirrors are really bad for people."

THE CANADIAN PRESS

Lance Armstrong lost his seven Tour de France titles. ALL PHOTOS GETTY IMAGES

Armstrong considering confessing to doping allegations?

Lance Armstrong is reportedly considering making a full confession about the performance-enhancing drug use allegations that resulted in him losing his seven Tour de France titles, according to the New York Times.

A confession could mean his lifetime ban from sports sanctioned by the World Anti-Doping Agency would be lifted, and Armstrong has been eager to return to cycling and compete in triathlons and other athletic events.

But reps for the athlete insist there's nothing to the reports.

"When, and if, Lance has something to say, there won't be any secret about it," his attorney tells The Associated Press.

Twitter

@Pink
Bikram yoga kicked my entire ass today. At one point I almost hit the panic button. #amateur

@ElizabethHurley
When people say it's a 'good wicket'....do they mean for the batsmen or bowlers? Confused.....

@billmaher
Looks like Obama's keeping Gitmo, they just can't close it- its the Olive Garden of prisons; it gets terrible reviews but somehow stays open

@kevin_nealon
I wouldn't mind paying the government more taxes but I know they're just gonna spend it on booze.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Celebrities who have had a rough start to 2013

THE WORD
Dorothy Robinson
scene@metronews.ca

January is shaping up to be a bad month for these stars.

Is it the weather? The new year? Holiday hangovers? Seasonal effective disorder? Whatever it is, something is happening this month with celebrities and the law.

Over the weekend, TMZ.com posted photos of Justin Bieber smoking what appears to be marijuana. But the singer is trying to take the controversy in stride.

"Everyday growing and learning. Trying to be better. (You) get knocked down, (you) get up," Bieber posted to his fans on Twitter. "Back on tour tomorrow. Ready to see (you) all smile. Time to do what I'm supposed to be doing. Performing."

Josh Brolin, who is no stranger to getting into trouble in bars while drinking, was arrested at 11:30 p.m. on Jan. 1 for public intoxication outside a Santa Monica, Calif., bar, according to E! News.

"He was intoxicated and unable to care for himself," a police spokesman says. "He was booked and released with no further action pending." If his mugshot is any indication, Brolin wasn't too thrilled about the ordeal.

Criminal Minds and Dharma & Greg star Thomas Gibson was arrested Sunday morning for suspicion of a DUI, TMZ reports.

Gibson attempted to drive through a part of downtown Los Angeles that had been sectioned off for a half marathon; he was told he couldn't drive through, but he did anyway.

None to happy about being ignored, the police caught up with him and smelled booze in the car. The actor refused to take a breathalyzer test, but was arrested on suspicion of DUI anyway and taken into custody.

Russell Crowe unfazed by Lambert's criticism

Russell Crowe knows how to handle criticism, especially when it comes to his singing in Les Miserables.

Singer Adam Lambert took to Twitter to complain about the film, posting that it "suffered massively (because of) great actors pretending to be singers."

But apparently there are no hard feelings, as Crowe himself posted as much to Twitter.

"I don't disagree with Adam. Sure it could have been sweetened, (director Tom) Hooper wanted it raw and real, that's how it was."

Russell Crowe.

Jessica Chastain stars in Zero Dark Thirty.

Chastain in love with movies, not movie stars

As Zero Dark Thirty star Jessica Chastain's fame increases, don't expect her to become part of a Hollywood couple.

"I have dated an actor before, at Juilliard, but since then, I've only been on a couple of dates with one and I was so freaked out someone was going to take a picture of us, because they were famous," she tells InStyle.

Of course, it wasn't just the potential for paparazzi that got to her.

"I realized I wanted just to be able to hang out with someone, and I didn't want to talk about the business, first of all," she says.

"I love movies. But I love talking about them like when I was 15 years old. I'm a film fan, but I don't want to talk about auditions or what movie I'm gonna do. I find that so boring."

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Mommy trend

Ultrasound party

It seems we're always on the lookout for a novel way to celebrate the arrival of a baby — the latest of which is the ultrasound party. Your family and friends huddle around, drinks in hand, while the mom-to-be gets her belly squirted with jelly by the ultrasound tech.

But though the trend is gaining momentum, it's not for everyone. And, of course, there are unanticipated risks. Say the machine fails to detect a fetal heartbeat? After all, the whole purpose of ultrasounds is to detect abnormalities—they weren't created for the sake of entertainment.

JULIE M. GREEN OF YUMMYMUMMYCLUB.CA

Organize

Keep those water bottles straight!

Our water bottles always get mixed up on family outings.

Names written on the label always rubbed off, so we devised a way to keep them straight. It's simple!

Buy a package of plain multi-coloured hair elastics.

Each family member gets a specific colour.

The bands fit nicely around the water bottle and works even if the bottle is put in the freezer.

This way, nobody gets the cooties by accidentally drinking from her brother's or sister's or mom's water bottle.

EDITH HILLER OF YUMMYMUMMYCLUB.CA

Exclusively online

- **Uh oh.** Mommy's fridge and your diaper drawer are running on empty, which means it's time for the dreaded trip to the local supermarket. Follow along with the comedic (mis)adventures of mommyhood with Reasons Mommy Drinks online at metronews.ca/voices.

I am a beautiful princess...

Daddy-daughter time. One father explains why tiaras and fairy wings are teaching his daughter a very important life lesson

JOE BOUGHNER
Metro World News

One dad is using dress-up time with his daughter to teach her acceptance. ISTOCK

Joe Boughner, who plays dress-up with his daughter. SUBMITTED

Why, yes, I am a beautiful princess. Thank you for noticing.

The list of reasons to explain how I found myself dancing around the living room, sporting fairy wings, a tiara and a wand the other night is a long and varied one. My willingness to do almost anything to make my daughter laugh is, admittedly, chief among them. My desire to seize upon any opportunity to reinforce the importance of sharing is too (we've been struggling with sharing lately, so when she offered to share her tiara, who was I to say no?).

In fact, if I'm being honest, the chance to engage in a little gender-bending play, thus normalizing the sight of a man doing a typically girly thing, was nowhere near the top of my mind as we bounced and laughed and sang along to Toopy and Binoo Christmas carols. But the more I think about stuff like this, the more important it seems.

It seems — in a lot of ways — girls have it easier when it comes to going against gender norms. Girls doing "boy" things — playing in the dirt, enjoying science, etc. — are a common sight these days. Boys doing "girl" things, though? That's another story.

So, while we may have gotten off the hook with our daughter in this respect (don't worry, there are plenty of other reasons to be terrified of parenting a girl instead of a boy), I still feel something of an obligation to make sure that my daughter isn't part of the problem, should a boy in her class or peer group be inclined to wear nail polish or take ballet.

My kid is smart and sweet and sensitive, but, then again, so was I. And even if I didn't grow up picking on and teasing the boy who took dance or the other one who did gymnastics, I wasn't really rushing to their defence or even hanging out with them, either. Because, to me, it was just weird. Picking dance over hockey was weird. Picking gymnastics over basketball was weird.

I didn't accept it, I tolerated it. Frankly, that's not enough. Tolerance suggests there's something outside the norm that one has to tolerate. I don't want my daughter to tolerate this sort of thing, I want her to grow up oblivious as to why something as inconsequential as a boy wanting to wear a dress would ever even be an issue to anyone.

I'm not delusional here. I don't for a second believe that my willingness to wear fairy wings and a tiara will magically erase stupid biases and preconceived notions of appropriate play for boys and girls for an entire generation. Hell, I don't even believe it will have that effect on my daughter. There are still way too many people and products out there reinforcing gender expectations.

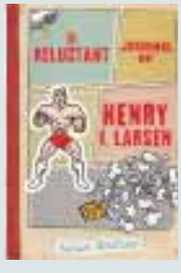
But I do believe that every little bit helps. So, if my kid asks me to wear a tiara, I'll wear the tiara.

And, frankly, I think I pull it off. **YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD**

Two books that tackle the dark side of childhood

It takes guts for an adult writer to convey real emotions and issues from a kid's perspective. The Reluctant Diary of Henry K. Larsen and Wonder by R.J. Palacio are two gutsy, powerful books that will resonate with young adults. These books speak the truth about tween and teenage life. Rather than sugarcoat difficult issues, the writers use insight and dark humour to spark interest. After my daughter read one of the books, we had a great discussion. It reminded me that the most difficult topics can make great conversation, especially when they lie safely between the covers of a book. **RUTH SPIVK OF YUMMYMUMMYCLUB.CA**

The Reluctant Journal of Henry



Winner of the Governor General's Literary Awards, 2012. After "it" happened, 13-year-old Henry's life would never be the same. "When people find out you're related to a guy who committed murder/suicide, they can never treat you the same way ever again. They can't help thinking that, at any moment, you could go postal, too." Henry's struggle to recover a sense of normalcy after his brother's crime and death was deeply moving, but not sappy. Author Susan Nielsen's exploration into the dynamic of bullies and victims was heart-wrenching. (Ages: 11 and up.)

Wonder

"If I found a magic lamp and I could have one wish, I would wish that I had a normal face that no one ever noticed at all." August's facial deformities have kept him from going to school, but that's about to change. How much courage will it take to be different among ordinary kids? Maybe August isn't so different after all, but it won't be easy convincing others not to judge a boy by his face. An uplifting story about courage, friendship, and the power to overcome adversity. "Be extraordinary in an ordinary world." (Ages: nine and up.)

Tasty layers of mushrooms, spinach and sausage in strata

Also called a "wife saver" (or a "husband saver" in some families), this make-ahead dish is a great way to start the morning. Old Canadian Cheddar, eggs and crusty sourdough are the perfect backdrop to mushrooms, spinach and crumbled sausage. It's gourmet breakfast, all in one dish.

Serves six to eight. THE CANADIAN PRESS HANDOUT

Ingredients

- 1 tsp (5 ml) butter
- 12 oz (400 g) Italian sausages (about 3), casing removed and roughly chopped
- 1 lb (500 g) mixed wild mushrooms, stems removed and sliced
- 8 green onions, white part only, thinly sliced (1/4 cup/60 ml)
- 3 cups (750 ml) lightly packed fresh baby spinach
- 4 large slices (1/2-inch/1 cm thick) day-old sourdough bread
- 6 eggs
- 3 cups (750 ml) milk
- 1/2 tsp (2 ml) salt and pepper
- 1 tbsp (15 ml) Worcestershire sauce
- Dash hot pepper sauce
- 2 cups (500 ml) shredded old Canadian cheddar cheese

1. Butter a 13 x 9-inch (3 L) glass baking dish and set aside.

2. In skillet, melt butter over medium heat. Add sausage and fry, breaking up bits with a wooden spoon for about 5 minutes or until lightly browned and beginning to cook through. Spoon off any excess fat. Add mushrooms and cook, stirring occasionally, 10 minutes or until soft and beginning to brown and sausage is no longer pink. Add onions and spinach and stir until everything is mixed and glossy. Remove pan from heat and let cool slightly.

3. Layer bread slices over bottom of dish. Spoon sausage mixture over bread. In a blender, combine eggs, milk, salt, pepper, Worcestershire, and hot pepper sauce and blend until smooth. Pour mixture evenly over sausage mixture. Top with Canadian cheddar cheese. Cover dish with plastic wrap and refrigerate for 8 to 12 hours.

4. When ready to serve, preheat oven to 350 F (180 C). Uncover dish and bake strata for 50 to 60 minutes, or until puffed and top is crispy and golden. Let stand for 10 minutes before serving.

DAIRYGOODNESS.CA

Healthy eating

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Soul-warming soup is just the thing for the winter blues. Tim Hortons has a delicious variety, but some of the options come packed with calories, fat and sodium.

Tim Hortons Chili

290 calories/ 16 g fat/ 1,310 mg sodium
Chili can vary greatly in nutrients. The fat comes from fattier beef and oil. The salt is close to your day's intake and comes from canned beans and canned tomatoes.

Equivalent

One Tim Hortons Chili is equal in sodium to almost 33 cups of Kernel's original Butter Salt Popcorn.

Tim Hortons Cream of Mushroom

150 calories/ 3 g fat/ 740 mg sodium
It's shocking that a creamy soup would have so little calories and fat. This tells you that fortunately more mushrooms are used.

Sink your teeth into Mushroom Foccacia

Foccacia is an Italian flatbread-like pizza, but without the sauce and with thicker dough. It's ideal for snacks or you can serve it along with soups or salads.

For even more flavour, crumble goat cheese on top of the baked foccacia and return it to the warm oven just to melt. Use herb or spiced flavoured oil to drizzle on as desired.

This recipes makes 12 pieces. THE CANADIAN PRESS

Ingredients

- 500 g (1 lb) pizza dough or frozen bread dough, thawed
- 45 ml (3 tbsp) olive oil
- 375 ml (3/4 lb) fresh mushrooms, thinly sliced
- 250 ml (1 cup) thinly sliced red or sweet onion
- 7 ml (1 1/2 tsp) dried oregano
- 1 clove garlic, minced
- 8 black olives, pitted and sliced (optional)
- Coarsely ground black pepper, to taste
- 15 ml (1 tbsp) grated Parmesan

1. Lightly grease a baking sheet and place dough on it; with floured hands press out dough to a 28-by-18-cm (11-by-7-inch) oval. Brush with 10 ml (2 tsp) of the oil and let rise in a warm place for 45 to 60 minutes. (To create a warm place for dough to rise, turn oven on to 100 C/200 F for 1 minute; then turn off and place dough in warm oven.)

2. Meanwhile, in a large skillet, heat remaining oil; sauté mushrooms and onion for 4 minutes or until moisture has evaporated. Add oregano and garlic and cook for 1 more minute; let cool slightly.

3. With thumb or end of wooden spoon, make dimpled surface on foccacia; top with mushroom mixture, pressing lightly into dough. Top with olives, if using, black pepper and Parmesan.

4. Bake in a 200 C (400 F) oven for 20 to 25 minutes or until bottom is lightly browned and crisp. Let cool slightly on wire rack. Cut in wedges or slices to serve.

THE CANADIAN PRESS/MUSHROOMS CANADA, MUSHROOMS.CA

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Dragon putting his two cents on paper

The O'Leary exchange of advice. Canadian business dynamo Kevin O'Leary pens candid book on managing pennies for all ages

As a lead dragon of CBC's Dragon's Den and ABC's Shark Tank, Kevin O'Leary's success with money management and in business is legendary. But he's made mistakes along the way too.

In his new book, The Cold Hard Truth About Men, Women and Money, the dragon dishes to all generations about his errors and triumphs and mentors his readers on making money and growing it faster to achieve financial freedom.

Here are two excerpts from the recently released book, both aimed at helping young adults get on their way to a monetary win:

On education and part-time work:

"Your education can be the best investment you'll ever make, or the worst one. It's an expensive and time-consuming undertaking. And make no mistake — it is an investment. It's not a break between childhood and adulthood, or an opportunity to take it easy before real life kicks in. Every dollar you spend on post-secondary education has to be viewed in terms of its financial return. Getting smart costs money, so don't be a dummy.

"I'm going to sound like an old guy here, but when I was in school, kids worked. They didn't spend four to six hours a night on Facebook or playing video games. They worked in bars and restaurants near the campus and they lived with a pile of roommates, some sleeping on a cot in the hallway.

"That's just how it was. That's how you saved a buck. I monetized my shuffleboard hobby and made a killing playing three nights a week against other players in local pubs. Even if you have to lighten your study load and graduate in five rather than four years, it's better to do that than accumulate a massive debt."

Today, Kevin O'Leary is the chairman of O'Leary Funds, a $1.7 billion mutual fund company. AARON HARRIS/TORSTAR NEWS SERVICE

On business, savings and debt:

"I once met a man from Winnipeg. After a few minutes of chatting, I learned that this old, unkempt man owned huge swaths of real estate! This is a man who arrived in Canada with a fistful of papers, a few coins, and who today is a multimillionaire. It blew my mind and I had to get his story.

"The first building he bought was a walk-up. He had saved money and was able to make a 10 per cent down payment. Then he struck a bargain with the bank. In exchange for buying and fixing up this decrepit building, he wanted to pay down as much principal as possible every quarter. The bank, thinking he would never be able to tackle that much, agreed. For the next five years, this man went to war against his mortgage.

"'We ate beans,' he said. 'Lots of them. No meat. Beans. For years.' He burst out laughing.

"But what was his true secret? Market timing? Good money management? Sure. But I think his real secret was: Beans now, steak later. If you have a mortgage, you have debt, and when you have debt, you don't get to have steak. The steak — the reward — comes later. That's the kind of man I admire."

METRO

About the author

Kevin O'Leary is one of North America's most successful business entrepreneurs

- Kevin founded and built Softkey (later The Learning Company), the global leader in educational kids' software, and negotiated its sale to Mattel for $4.2 billion in 1999.
- Since then, he has successfully co-founded, funded, and sold numerous companies in a range of industries, including storage, entertainment and finance.

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NHLers in hurry-up mode with sprint of season ahead

Condensed schedule. Players will have little time to prepare for 48-50-game campaign

The clock is already ticking for NHL players preparing to return to the ice.

With the end to the lockout pending, there will only be time for a brief training camp before a compressed schedule of 48 or 50 games.

The next few weeks will quickly show whether players who haven't played a competitive game since last spring are ready for the rigours of a regular season.

"I don't think it'll be too tough," said Montreal Canadiens forward Travis Moen. "Guys are professionals, so you should have been keeping yourself in decent shape all this time.

"We'll have some time to skate before, and then you make the best of it."

The NHL and the players reached a tentative agreement early Sunday morning but no details on how many games each team would play or when the season would begin were released.

There may be a wide disparity in game-readiness when the season does finally get underway.

About 200 players got game action skating for European clubs during the lockout, and most teams sent a few of their younger players to the AHL.

But most, like Montreal captain Brian Gionta, did their best to stay fit and keep their skills sharp by skating a few times a week in small groups.

"Their timing and game-readiness would be there for sure," he said of those who played during the lockout. "It'll take a few games to get caught up, but that's the reality of where we're at."

A big concern will be staying healthy.

Last season in the NBA, teams played a 66-game schedule after a short training camp. Some, including commissioner David Stern, disputed that an increase in injuries was the result of the lockout.

The shortened NHL schedule will have teams averaging more than 3.5 games per week.

"It's one of the more obvious things that might happen, especially groins, hip flexors, that sort of thing," said Vancouver Canucks forward Chris Higgins. "I think you'll see some teams with troubles with that early on."

His teammate Manny Malhotra said even that may not be enough.

"Watching the NBA last year try to squeeze in as many games as possible, it's very taxing on the body," said Malhotra. "(Hockey) is obviously a lot more physical game than basketball.

"I would see it being a real grind on the players with very little rest."

There isn't expected to be time for pre-season games, as coaches will have enough to do just getting players back on the same page.

THE CANADIAN PRESS

Young hockey players skate across the Bell Centre ice in Montreal on Sunday. The Canadiens will return to their arena in the weeks ahead after a deal was reached to end the NHL lockout early Sunday morning. GRAHAM HUGHES/THE CANADIAN PRESS

By the numbers

14%

Injuries in the NBA reportedly rose more than 14 per cent from the previous season after their lockout ended in December 2011.

Luongo in limbo coming out of lockout

Rumours linking Roberto Luongo to the Maple Leafs have been circulating since Cory Schneider took over starting duties in the Canucks' first-round loss to the Kings last spring. GETTY IMAGES FILE

Goaltender Roberto Luongo issued a tweet on Sunday that said: "So (what) do we do now?"

Many Toronto fans may be asking the same question after months of speculation over whether the veteran goaltender with the 12-year contract will be joining the Maple Leafs from the Vancouver Canucks for the lockout-shortened NHL season.

The league and union reached a tentative deal early Sunday. The agreement still needs to be formally ratified by both sides.

Luongo, now considered the backup in Vancouver behind Cory Schneider, is reported to be on the market, although the Canucks could still opt to keep him and then either trade him or buy him out at the end of the 2013-14 campaign.

Vancouver assistant general manager Laurence Gilman said Sunday that Luongo is expected to report to Canucks training camp.

Maple Leafs general manager Brian Burke has denied that a deal has already been made for the 33-year-old Luongo, who is signed through 2021 at an average of $5.3 million US per season.

Finding reliable goaltending is key for Toronto, which has seen James Reimer, Ben Scrivens and Jonas Gustavsson struggle through the last two campaigns. THE CANADIAN PRESS

Cap capable

The Leafs can afford Luongo since they have 22 players signed for a total salary-cap hit of $63.5 million.

- The pro-rated cap for this season is expected to be $70.2 million.
- The Leafs have one restricted free agent to sign, defenceman Cody Franson.

Twitter reaction

"So excited to get back to Edmonton. See you soon Oiler fans!!!!"

Edmonton Oilers left-winger Taylor Hall

"To the fans that won't come back, I can understand. To the ones that will, thank you for your patience."

Phoenix Coyotes forward Paul Bissonnette

"Woke up to some great news...Big thank you to all who put in countless hours to get this thing done @NHLPA." New York Islanders forward Matt Moulson

"Bettman was the guy that had to pull the trigger whether this was done or not. He saved the season."

CBC's Don Cherry, giving credit to Gary Bettman for ending the lockout.

"First order of business: raise banner."

A tweet from the Stanley Cup champion Los Angeles Kings.

4 SPORTS

Ray Lewis of the Baltimore Ravens reacts against the Indianapolis Colts on Sunday in Baltimore, Md. PATRICK SMITH/GETTY IMAGES

Lewis' last ride is taking him through Denver

NFL. Colts' loss ends turnaround season with rookie QB Luck

Anquan Boldin, Joe Flacco and a staunch Baltimore defence made sure on Sunday Ray Lewis' last ride will take him to Denver.

Boldin set a franchise record with 145 yards receiving, including the clinching touchdown in the Ravens' 24-9 victory over Andrew Luck and Indianapolis in an AFC wild-card game in Baltimore, Md. The win delays star linebacker Lewis' retirement for at least another week as Baltimore (11-6) heads to Denver next Saturday.

The Broncos beat the Ravens 34-17 three weeks ago.

"I wanted Denver," Boldin said. "Because they beat us."

Lewis, who made 13 tackles, even lined up at fullback for the final kneel-down in his last home game of a 17-year career. He then went into a short version of his trademark dance before being mobbed by teammates.

He followed with a victory lap after playing for the first time since tearing his right triceps on Oct. 14 against Dallas.

The loss ended the Colts' turnaround season, in which they went from 2-14 to the playoffs in coach Chuck Pagano's first year in Indianapolis (11-6). Pagano missed 12 weeks while undergoing treatment for leukemia and returned last week.

Sunday's victory enhanced the Ravens' success rate in opening playoff games. Flacco now has won at least one postseason game in all five of his pro seasons, the only quarterback to do it in the Super Bowl era.

His main target Sunday was Boldin, who had receptions of 50 and 46 yards, plus his 18-yard TD on a floater from Flacco in the corner of the end zone with 9:14 to go.

THE ASSOCIATED PRESS

Quoted

"I knew how it started, but I never knew how it would end here in Baltimore. To go the way it did today, I wouldn't change nothing."

Baltimore Ravens linebacker Ray Lewis on his last game on home turf.

Next week's matchup

Broncos wait for Ravens

Peyton Manning will have to wait until next season to face the Indianapolis Colts.

His old team lost at Baltimore Sunday. So the Ravens will visit Denver next weekend to face the Broncos, the AFC's top seed.

Had the Colts won, there would have been a circus-like atmosphere all week in Denver in anticipation of the reunion between the Broncos quarterback and the team he played with for 14 seasons before their split last spring.

Instead, the Broncos get a chance to send Ray Lewis into retirement Saturday.

The Broncos are coming off a bye and riding an 11-game winning streak that includes a 34-17 win at Baltimore in Week 15.

"It matters in the fact that you have film from having played them and you know them a little better than you know Indy," Broncos tight end Jacob Tamme said.

THE ASSOCIATED PRESS

Wilson and Seahawks win in battle of rookie QBs

Russell Wilson raced ahead to throw the final block on Marshawn Lynch's go-ahead touchdown run, and the Seattle Seahawks finally had a victorious road show.

Robert Griffin III's knee buckled as he tried to field a bad shotgun snap, leaving the Washington Redskins an offseason to worry about their franchise player's health.

The last rookie quarterback standing in the NFL playoffs is Wilson — the third-round pick who teamed with Lynch on Sunday to lead the Seahawks to a 24-14 victory over the Redskins.

Seattle visits the top-seeded Atlanta Falcons next Sunday.

Seattle will be riding a six-game winning streak, having left behind any doubts that the team can hold its own outside the Pacific Northwest. The Seahawks were 3-5 on the road in the regular season and had lost eight straight road playoff games, the last win coming in December 1983 against the Miami Dolphins.

The day began with three rookie quarterbacks in the playoffs, but No. 1 overall pick Andrew Luck was eliminated when the Indianapolis Colts lost 24-9 to the Baltimore Ravens earlier in the day.

Lynch's 27-yard touchdown run with 7:08 remaining and a two-point conversion gave the Seahawks a 21-14 lead, and the play that essentially put the outcome to rest came shortly afterward.

On the second play of the Redskins' next possession, Griffin's heavily braced right knee buckled badly as he tried to field a bad shotgun snap on a second-and-22 at Washington's 12-yard line. He lay on the ground, unable to recover the ball as the Seahawks pounced on it.

Griffin walked off the field under his own power, but the Redskins announced he would not return. After a few minutes, Griffin walked back to the sideline and watched the end of the game. The extent of the injury was not immediately known.

The loss ended a seven-game winning streak for the Redskins, who recovered from a 3-6 start to win the NFC East.

THE ASSOCIATED PRESS

Seattle Seahawks running back Marshawn Lynch, centre, runs past Washington Redskins linebacker London Fletcher on Sunday in Landover, Md. MATT SLOCUM/THE ASSOCIATED PRESS

Dynamic duo

- Lynch ran for 131 yards, and Wilson completed 15 of 26 passes for 187 yards and ran eight times for 67 yards for the Seahawks, who overcame a 14-0 first-quarter hole — their biggest deficit of the season.

NBL Canada

Lightning leave it late to strike

The London Lightning stormed back in the fourth quarter to force overtime and eventually defeat the Mill Rats 109-106 on Sunday in Saint John, N.B.

London trailed 83-72 heading into the fourth, but outscored Saint John 24-13 in the fourth to send the National Basketball League of Canada game to OT.

Elvin Mims led the Lightning with 25 points. Jeremy Williams, 22, and Rodney Buford, 18, were London's other leading scorers. Jerice Crouch of the Mill Rats led all scorers with 28 points.

London improved to 18-2 on the season. METRO

OHL

Knights goalie valiant in victory

Jake Patterson turned aside 40-of-42 shots as the London Knights held on to beat the visiting Kitchener Rangers 3-2 on Saturday in Ontario Hockey League play.

Matt Rupert and Ryan Rupert each had a goal and an assist for the Knights (34-5-3), who led 3-0 before Kitchener finally got on the board late in the second period, and Josh Anderson scored once.

THE CANADIAN PRESS

World juniors. Team Canada finds some solace in news of NHL's return

The news for Team Canada went from bad to worse to hmm.

The World Juniors team had been awake for nearly 30 hours — including for their bronze medal loss to Russia and flights to Helsinki and London — when they landed at Heathrow to find out their flight to Canada had been delayed a further 12 hours.

But in the time between landing in London and getting squirreled away for a day in an airport hotel, they received word that the NHL lockout would be ending.

Clearly exhausted after their flights, and frustrated at the delays that would see them — at best — getting back home in the wee hours of Monday morning — some perked up at the news they would be soon in long-awaited NHL camps.

"Can't wait," said goalie Malcolm Subban. "I'm tired, but I want to go to camp."

Some gathered around computers that needed one-pound coins to be operated to learn about the contents of the CBA they'd be playing under.

"I guess that's not bad," said Leaf prospect defenceman Morgan Rielly, referring to the cap at seven years for free agents.

Hockey Canada asked that the players not be interviewed.

The team has a number of players who would likely go to NHL camps once they receive official word.

Rielly will head to Leafs camp, while Ryan Nugent-Hopkins will of course return to the Edmonton Oilers.

Among the others: Subban and Dougie Hamilton to the Bruins; Mark Sheifele to the Winnipeg Jets; Jonathan Huberdeau to the Florida Panthers; Ryan Murphy to the Carolina Hurricanes; Scott Harrington to the Pittsburgh Penguins; and Griffin Reinhart and Ryan Strome to the New York Islanders.

TORSTAR NEWS SERVICE

Ryan Nugent-Hopkins reacts to his team's loss to Russia in the bronze-medal game on Saturday.

THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
Something will happen today that makes you very angry – and you have every right to be annoyed. It's good to let off steam once in a while, and the planets warn that this particular explosion is long overdue.

♉ Taurus
April 21 - May 21
Success can be yours, but you must be positive. This is one of the best times of the year for getting yourself noticed, but it is more likely to happen if you put yourself in situations where you can be seen.

♊ Gemini
May 22 - June 21
Your confidence is sky-high at the moment and long may it stay that way. However, today's Mars-Saturn link warns that excessive self-belief could have negative consequences. Try not to be too outrageous.

♋ Cancer
June 22 - July 23
The current cosmic set-up makes it difficult to do anything out of the ordinary because you are afraid to draw attention to yourself. It is, however, a good time for planning. You've a whole year ahead of you.

♌ Leo
July 24 - Aug. 23
The planets warn that a rival is looking for ways to bring you down and profit at your expense, so be careful. Just because you play by the rules does not mean you can take it for granted they do too.

♍ Virgo
Aug. 24 - Sept. 23
You may have serious doubts about a project of some kind but you must not let them show because others are counting on you to lead the way. Is that a recipe for disaster? Maybe, but what choice do you have?

♎ Libra
Sept. 24 - Oct. 23
Opportunity is knocking loud and clear and you must allow yourself to hear it. This is one of the best times of the year for furthering your ambitions, so get up, get out there and get great things done.

♏ Scorpio
Oct. 24 - Nov. 22
Put your own needs first today and don't be afraid to do something that will give your rivals the ammunition they need to tell the world that you are selfish. Since when have you cared what other people think about you?

♐ Sagittarius
Nov. 23 - Dec. 21
What you need to understand today is that, while words are important, it is how you deliver them that matters. Just because you have something nasty to say does not mean you have to say it in a nasty voice.

♑ Capricorn
Dec. 22 - Jan. 20
Whatever your current worries may be they are of only minor importance. In fact, what happens over the next few days will make you realize that compared to most people you are actually very well off.

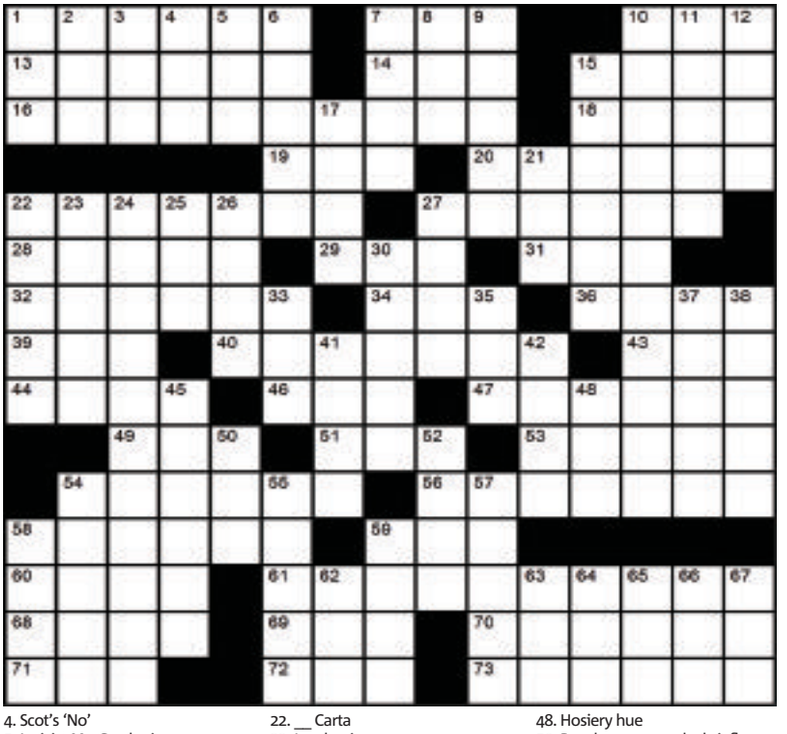
♒ Aquarius
Jan. 21 - Feb. 19
If you think lucky and act lucky the chances are that you will be lucky in some way over the next 24 hours. It's not the world "out there" that matters but the world that exists inside your head.

♓ Pisces
Feb. 20 - March 20
The planets urge you to put your ego to one side today and make your peace with a certain individual. The fact is you need them more than they need you, so it's good politics to kiss and make up.

SALLY BROMPTON

Crossword: Canada Across & Down

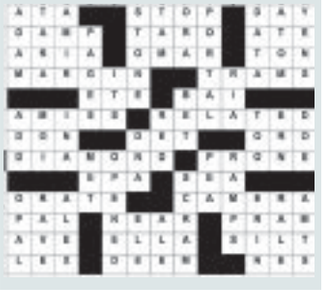
BY KELLY ANN BUCHANAN



Across
1. Vegas show, __: Still the One
7. Smartphone add-on
10. Ms. Messing, briefly
13. Duck: French
14. Kanga's sidekick
15. "__-__-voom!"
16. Governor General of Canada's official residence: 2 wds.
18. Facial scrub, St. __
19. Place
20. Brit singer Adele's surname
22. The Scottish Play
27. Stonehenge ritualists
28. Hurt
29. "__ you sure?"
31. Clip-__ (Earrings)
32. Potatoes au __
34. Simon & Garfunkel's "I __ _ Rock"
36. Dentyne, and others
39. Mr. Beatty
40. Northern Ontario hometown of the country star at #1-Across
43. Ms. Saldana of "Avatar" (2009)
44. Inquires
46. "Sk8er __" by Avril Lavigne
47. "The __ of Things"
49. Drake's music
51. Botanist Mr. Gray
53. Leslie Nielsen's '__ Gun' comedies
54. Mr. Pattinson
56. The Hunger Games heroine
58. Mr. Brosnan
59. Ashlee to Jessica, for short
60. The __ (U2 guitarist)
61. Calgary-born actor Cory Monteith's role on "Glee": 2 wds.
68. Casual tops
69. Tokyo, once
70. Charlie Sheen's brother
71. Flub up
72. Uncooked
73. Accept the ring: 2 wds.

Down
1. Comp. part
2. Song from the musical South Pacific: "Bali __"
3. Furthermore
4. Scot's 'No'
5. Lyricist Mr. Gershwin
6. Pursuit of Happiness hit: "I'm an __ Now"
7. "Quicker than _ __ of light..." - Madonna
8. Parliament Hill fig.
9. __ bear
10. Host of #47-Across: 2 wds.
11. Levels
12. Paul McCartney's instrument
15. L'Anse aux Meadows inhabitant
17. "That's funny.": 2 wds.
21. Couplet
22. __ Carta
23. Land units
24. Nickelback frontman: 2 wds.
25. Casino wager
26. Modify
27. Ms. Lovato
30. Harold of "Ghostbusters" (1984)
33. Calligrapher's prop
35. Actress, __-Margret
37. Social customs
38. "Sowing the __ of Love" by Tears For Fears
41. Castle defense
42. Filmmaker, Gus Van __
45. Buffalo players
48. Hosiery hue
50. Bench press muscle, briefly
52. Similar
54. "Easy __" (1969)
55. Send to a specialist
57. Fireplace leftovers
58. Original Beatles drummer Mr. Best
59. Winter fluff
62. __ Red apple
63. Ms. Thurman
64. Don't hire a pro, e.g.
65. Guileful
66. Goose: French
67. 7, 16 and 38, e.g.

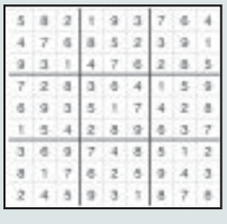
Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



	4		5		1	6	8	
					3			4
3						1		2
	9		4			7	3	
				5				
	6	7			8		1	
8		3						9
2			9					
	5	6	8		2		4	

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